

# The Governor's Healthy Virginians Initiative



**October 26, 2004**



# Campaign Components

## ▶ Education

- Communications, On-Line Assessments, Programs

## ▶ Exercise

- *Virginia on the Move™*, Challenges, Healthy Competition

## ▶ Environment

- Walk Breaks

## ▶ Employee Recognition

- Rewards and Recognition Program, Certificates, Drawings for Prizes

# Timeline

## November 2004 to May 2005

- |                   |  |
|-------------------|--|
| <b>November 1</b> | <i>Healthy Virginians</i> Announcement from Governor Warner                                  |
| <b>November 9</b> | Kick-off walk with Governor Warner in downtown Richmond                                      |
| <b>November</b>   | <i>Virginia on the Move™</i> kick-off throughout the state; pre-campaign on-line assessments |
| <b>December</b>   | Holiday theme programs, challenges   |
| <b>January</b>    | Winter <i>Compass</i> distribution, challenge drawings                                       |

# Timeline

## November 2004 to May 2005

<b>February</b>	Healthy heart programs for National Heart Month
<b>March</b>	Healthy heart challenges, challenge drawings
<b>April</b>	Spring Compass distribution; step challenges; post-campaign on-line assessments
<b>May</b>	<i>Healthy Workplace</i> awards by Governor; drawings for grand prize
<b>May 18</b>	Campaign wind-up: <i>National Employee Health and Fitness Day</i> events throughout the state

# On-line Health Assessment

## Pre- and Post-Campaign CommonHealth Assessments

- ◆ On-line assessments must be completed to participate in the *Virginia on the Move™* program and receive step counter
- ◆ A financial incentive will be given to employees that complete *both* the pre- and post-campaign assessments
- ◆ The on-line health assessments are strictly confidential

***Please encourage your employees to complete these assessments!***

# CommonHealth Programs

## ***Virginia on the Move™***

offered November through January

## ***Minutes Matter***

offered February through April

# CommonHealth Challenges

## **Winter Step Challenge**

available in the January edition of *The Compass*

## **Heartland Challenge**

available February - March

## **Agency Step Competition Challenge**

available April



# The CommonHealth Compass

- ◆ Articles supporting the Governor's Healthy Virginians Initiative
- ◆ Step challenge available in the winter issue
- ◆ Success stories of State employees making healthy changes





# The Governor's *Healthy Workplace*

**Healthy Workplace agencies recognized by the Governor based on level of involvement**

- ▶ Gold Award
- ▶ Silver Award
- ▶ Bronze Award



# Agency Responsibilities

- ◆ **Promotion**
- ◆ **Schedule *Healthy Virginians* activities with your CommonHealth Regional Coordinator**
- ◆ **Encourage employees to participate**
- ◆ **Allow employees 15 minutes on the clock each day to walk**

# Levels of Involvement

- ◆ Agencies will be recognized and rewarded for their efforts
- ◆ *Healthy Workplace* designation from Governor Warner will go to agencies achieving Gold, Silver and Bronze levels of achievement
- ◆ Agencies will be awarded a certificate signed by Governor Warner during Virginia Public Service week
- ◆ The more you do, the healthier your workplace will become

*You can make a difference for Healthy Virginians!*

# Help is Available!

- ◆ ***Healthy Virginians* Agency Coordinator Guidebook**
- ◆ **CommonHealth Regional Coordinator**
- ◆ **CommonHealth Advisory Committee**
- ◆ **Agency Management**

# Additional Information & Resources

DHRM web site - [www.dhrm.virginia.gov](http://www.dhrm.virginia.gov)

CommonHealth web site - [www.chp-online.com/commonhealth](http://www.chp-online.com/commonhealth)

CommonHealth Bimonthly Meetings (winter & spring)

The CommonHealth *Compass* newsletter